

# Young at Heart Golden Years Club Open House

## Are you new to the area or looking for some friends and socialization?

The Young At Heart Club might be what you are looking for. Our group is for individuals who are 50 years and better. We enjoy playing games, day trips, speakers, and sometimes we go to lunch after our meeting.

Some of our trips were to the Ava Gardner Museum, Duke Homestead, a tour of the Yates Mill, and the Country Doctor's Museum. We had a Price is Right game, where three people won a bag of groceries, by guessing the price without going over.

We have had The Trinity Laymen come to sing for us, speakers from USO, BBB, and Elka Harabin to tell us about the benefits of Yoga.

## The Young At Heart Meeting Information:

**Meets:** 2<sup>nd</sup> & 4<sup>th</sup> Wednesday at 10 - 11 am

**Location:** Five Points Center for Active Adults

We would love to have you come and find out more about our club.

**Open House** No registration required

**Wednesday, September 27<sup>th</sup>, 10AM - 12PM**

Light refreshments provided

Do you have questions or would like to talk to someone about our club?

**Contact:** Brenda 919-834-8170



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